

# Supporting Gifted Children with Perfectionism

Practical Strategies for Parents

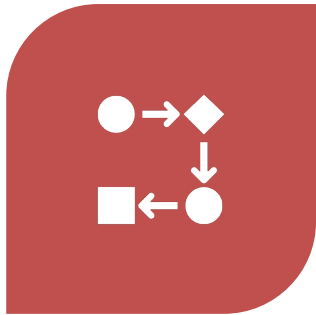
# 1. Emphasize Effort Over Outcome

Praise the process,  
not just the result.

Say: 'I'm proud of  
how hard you  
worked,' instead of  
'You're so smart.'

Helps children  
value persistence  
and learning.

## 2. Normalize Mistakes



SHARE YOUR OWN  
MISTAKES AND LESSONS  
LEARNED.



FRAME ERRORS AS  
OPPORTUNITIES TO GROW.



ENCOURAGE A GROWTH  
MINDSET.

### 3. Set Realistic Expectations



Avoid expecting  
excellence in  
everything.



Help set achievable  
goals.



Celebrate progress,  
not just perfection.

## 4. Encourage Diverse Interests



SUPPORT HOBBIES  
BEYOND ACADEMICS.



SUCCESS ISN'T ALWAYS  
MEASURED BY GRADES.



BUILD A WELL-  
ROUNDED IDENTITY.

# 5. Teach Self-Compassion



Help develop a kind  
inner voice.



Model self-compassion  
in your behavior.



Promote emotional  
resilience.

## 6. Avoid Labels Like 'Gifted' as Identity

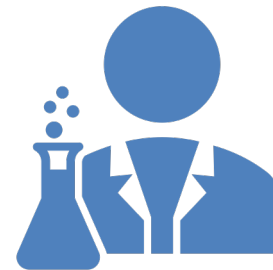
Don't make  
giftedness central  
to identity.

Focus on the  
whole child, not  
just abilities.

## 7. Create a Safe Space for Failure



Let home be a judgment-free zone.



Encourage experimentation and curiosity.

## 8. Reframe Mistakes as Learning Opportunities



MISTAKES ARE PART OF LEARNING.



ASK: 'WHAT DID YOU LEARN?' OR 'WHAT  
WOULD YOU TRY DIFFERENTLY?'

## 9. Set 'Good Enough' Standards



Define what 'good enough' looks like.



Not every task needs to be perfect.



Timely completion can be the goal.

# 10. Break Tasks into Manageable Steps



Big projects can  
be overwhelming.



Break into smaller,  
achievable parts.



Celebrate each  
step.

# 11. Use Time Limits



PREVENT OVER-EDITING OR  
OBSESSING.



EXAMPLE: 'SPEND 30 MINUTES ON  
THIS DRAFT, THEN TAKE A BREAK.'

## 12. Model Balanced Achievement



Share stories of success  
without perfection.



Consistency and effort  
matter more.

# 13. Encourage Risk-Taking in Learning



Praise attempts at  
challenging tasks.



Build resilience and reduce  
fear of failure.

# 14. Communicate with Teachers



Share concerns about perfectionism.



Teachers can offer reassurance and flexible feedback.

# 15. Celebrate Effort and Curiosity



LEARNING IS MORE IMPORTANT THAN  
GRADES.



ASK: 'WHAT WAS THE MOST  
INTERESTING THING YOU LEARNED  
TODAY?'

# 16. Watch for Perfectionist Behaviours



Signs: procrastination, fear of failure, self-criticism.



Avoiding challenges may be a red flag.



Respond gently and supportively.